

Non-oral Contraceptives

Therapeutic Class review

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CA-ADAP Formulary Review: Non-Oral Contraceptives

1 Background

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Pregnancy and Contraception



- ❖ ~1/2 of pregnancies are unintended
 - ❖ HIV-infection = increased pregnancy risks
- ❖ HIV infection → any contraceptive method can be used
- ❖ Contraceptive Options:
 - 1) Oral Contraceptives (“the pill”) - **presented at 4/21 MAC**
 - 2) Progestin injection (“the shot”)
 - 3) Transdermal Patches (“the patch”)
 - 4) Vaginal Rings (“the ring”)
 - 5) Vaginal Gels
 - 6) Condoms

PROGESTIN INJECTION (“the shot”)



- **HOW IT WORKS:**
 - Prevents ovulation and thickens cervical mucus
- **DOSING:**
 - 150mg IM or 104mg SQ shot every 3 months
 - > 7 days from start of period, use backup x 1 week
 - ≥ 2 weeks late getting shot, pregnancy test or emergency contraception
- **SIDE EFFECTS:**
 - Changes to period
 - Nausea, weight gain, headaches, sore breasts, depression, bruising at injection site
- **FAILURE RATE: 4%**

Agent	Generic	Rx/OTC	CA ADAP FORMULARY	Requests for Coverage in past 6 months	Comments
Depot medroxyprogesterone acetate (Depo-Provera)	No	Prescription required	No	Rare (1-10)	<ul style="list-style-type: none"> • Many ADAP programs cover this as a prescription benefit <ul style="list-style-type: none"> • AZ, HI, IL, IN, IA, ME, MD, MA, MI, MO, NE, NH, NM, ND, OH, OR, PA, WA, WY

TRANSDERMAL PATCH (“the patch”)



- **HOW IT WORKS:**
 - Prevents ovulation and thickens cervical mucous
- **DOSING:**
 - Patch applied to belly, butt, back, (or upper arm - Xulane only)
 - Replace patch once weekly for 3 weeks, 1 week patch-free
- **SIDE EFFECTS:**
 - Changes to period
 - Nausea, headache, sore breasts, spotting, skin reactions at patch site
 - May benefit women with heavy, painful, or irregular periods
- **FAILURE RATE: 7%**

Agent	Generic	Rx/OTC	CA ADAP FORMULARY	Requests for Coverage in past 6 months	Comments
Ethinyl Estradiol-Norgestromin (Xulane; Zafemy)	Yes	Prescription required	No	Rare (1-10)	<ul style="list-style-type: none"> • Many ADAP programs cover this as a prescription benefit <ul style="list-style-type: none"> • IL, IA, ME, MA, NE, NH, NM, ND, OH, OR, PA, WY
Ethinyl Estradiol-Levonorgestrel (Twirla)	No	Prescription required	No		

VAGINAL RING (“the ring”)



- **HOW IT WORKS:**
 - Prevents ovulation and thickens cervical mucous
- **DOSING:**
 - Ring is inserted into the vagina and remains in place until a new one is replaced (varies by product and cycle)
 - NuvaRing: Replaced after use (up to 5 weeks)
 - Annovera: Ring is re-used after each use and lasts for 1 year (13 cycles)
- **SIDE EFFECTS:**
 - Changes to period
 - Nausea, headache, sore breasts
- **FAILURE RATE: 7%**

Agent	Generic	Rx/OTC	CA ADAP FORMULARY	Requests for Coverage in past 6 months	Comments
Ethinyl Estradiol-Etonogestrel (NuvaRing, EluRyng)	Yes	Prescription required	No	None (0)	<ul style="list-style-type: none"> • Many ADAP programs cover this as a prescription benefit <ul style="list-style-type: none"> • CO, IL, IA, ME, MA, MO, NE, NH, NM, ND, OH, OR, PA, WY
Ethinyl Estradiol-Segesterone (Annovera)	No	Prescription required	No		

VAGINAL GEL - Phexxi



- **HOW IT WORKS:**
 - Takes advantage of the vagina's natural acidity and sperm's vulnerability to acidic environments
 - Keeps the vaginal pH within pre-sex range
- **DOSING:**
 - Insert directed amount into vagina
 - Effective for up to 1 hour
- **SIDE EFFECTS:**
 - Vulvovaginal burning sensation, itching, yeast infection
- **FAILURE RATE:** 7-15%

Agent	Generic	Rx/OTC	CA ADAP FORMULARY	Requests for Coverage in past 6 months	Comments
Lactic Acid/Citric Acid/Potassium Bitartrate (PHEXXI)	No	Prescription required	No	None (0)	<ul style="list-style-type: none"> • AWP: \$4.71 WAC: \$4.90 • PA was the only ADAP formulary listing Phexxi

CONDOMS



- **HOW IT WORKS:**
 - Worn during sex and prevents sperm from entering the vagina
- **SIDE EFFECTS:**
 - Irritation for those with allergies or sensitivities
- **FAILURE RATE:** 2% when used perfectly, 15% in real life

- **Other Programs – Medicaid**
 - Minimally-used benefit when covered
 - Inexpensive claim when paid

References



1. *Birth Control Methods & Options: Types of birth control*. Planned Parenthood. Retrieved January 3, 2022. Available at: <https://www.plannedparenthood.org/learn/birth-control/>
2. American College of Obstetrics and Gynecology Bulletin No. 206 Use of hormonal contraception in women with coexisting medical conditions. *Obstetrics and Gynecology*. 2019; 133(6): 128-50. DOI: 10.1097/AOG.0000000000003332. Available at <https://www.acog.org/clinical/clinical-guidance/practice-bulletin/articles/2019/02/use-of-hormonal-contraception-in-women-with-coexisting-medical-conditions>.
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